

Wolves High School X-C training Sched 2015							
Updated August 12, 2015							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10-Aug		10 + 30 steady + 3 x 200	up to 45 ez	10 + drills + + 10 steady + 5 + 10 x 1/1 + 800 prog + 10	off or 40 ez or x-train	60 pick up the last 15 + hill sprints	Up to 90
17-Aug	off or x-train	10 + drills + 3 x 7/3 + hill sprints + 10	up to 45 ez	10 + drills + + 10 steady + 5 + 10 x 1/1 + 1000 prog + 10	off	<b>Fairview 11 or 5.5 km</b> or 20 fast	up to 70
24-Aug	off or x-train	10 + drills + 6 x 3/2 + hill sprints + 10	up to 45 ez	10 + drills + 25 steady + 5 + 800/600/400 (400 jog) + 10	30 ez	60 pick up the last 15 + hill sprints	Up to 90
31-Aug	off or x-train	10 + 20 hills + 10	up to 45 ez	10 + drills + 3 x 7/3 + hill sprints + 10	off or xtrain	60 pick up the last 15	Up to 80 or x-train or rest
07-Sep	Run ez up to 60	10 + 25 hills + 10	off or 45 ez or x-train	10 + 6 x 3/2 +10 + hill sprints	30 ez or Off	10 + 30 steady + hill sprints <b>OR Edm ACAC (A list only)</b>	Up to 80 or x-train or rest
14-Sep	Run ez up to 50	10 + 30 hills + 10	off or 45 ez or x-train	10 + 2000TT + 6 x 1/1 + 10	30 ez or Off	<b>Steve Burgess - Wapiti Nordic</b>	Up to 60 or x-train or rest
21-Sep	Run ez up to 50	10 + 35 hills + 10	off or 45 ez or x-train	10 + 6 x 3/2 +10 + hill sprints	30 ez or Off	<b>Bezanson Bog</b>	Up to 70 or x-train or rest
28-Sep	Run ez up to 60	10 + shorter hill loops + 10	off or 45 ez or x-train	<b>Dreamer's Lake X-C</b>	30 ez or Off	10 + 30 steady + 10	Up to 70 or x-train or rest
05-Oct	Run ez up to 60	jog a bit	<b>Zone XC Champs - Rocky Lane (near High level)</b>	up to 60 ez	30 ez or Off	10 + 2 x 15/ 2 + hill sprints + 10	Up to 80 or x-train or rest
12-Oct	Run ez up to 60	10 + shorter hill loops + 10	30 ez	10 + 1200 fast + 6 x 1/1 + 10	Jog a bit	<b>ASAA Provs - GP - Wapiti Nordic Trails</b>	off
0. Don't plan to run in all of the races – take at least 2 or 3 weekends off. Running 2 (or maybe 3) of the races in the first 4 weekends is good enough. If you don't do the race, do 10 + 20 steady + 10 on the off weekend							
1. X-train = weights, cycling, swimming, etc. - something other than running. Keep the intensity reasonable on these days							
2. 2000TT = 2000m time trial (Girls will do 1600m)							
3. 4 x 300 – take about 2 minutes between reps							
4. 20 steady = 20 minutes at a bit slower than your x-c race pace – about 10 km effort effort							
5. 8 x 1/1 - run 1 minute hard, jog recovery 1 minute - repeat 8 times							
6. 5 x 3/2 = warm up then run 3 minutes hard (a bit quicker than your race pace – about 3-5km race pace), then jog 2 minutes. Repeat the 3/2 pattern 5 times, then cool down							
7. Hill sprints – sprint up a fairly steep hill for about 8 to 10 seconds, walk back down – do about 6 to 8 reps							
8. 10 + 20 hills + 10 – warm up for 10 minutes, run hill circuits for 20 minutes total, cool down for 10 minutes.							
Bill Corcoran - August 12, 2015							